

Guide to Healthy School Breakfast

To increase participation, find breakfast items that appeal to kids and are nutritious. Conduct samplings to find out what students like. Try fun items like low-fat flavored milk, breakfast pizzas, breakfast sandwiches and make your own yogurt parfaits.

School breakfast should contain items from each of the following groups:

Milk

Fruit/Vegetable/100% Juice

Two servings of any combination of grains, meats or other high protein foods

Biscuit	Pancake
Waffle	Toast
Bagel	French toast stick
Cereal	Whole wheat muffin
Granola	English muffin

Egg	Bacon
Sausage	Ham
Cheese	Nuts
Peanut Butter	Yogurt

GIVE STUDENTS THE CHANCE TO SUCCEED: SERVE BREAKFAST AT SCHOOL

School breakfast is part of an overall healthy school environment. Starting the day with a healthy breakfast at school can boost student learning, performance and health. Too often, children come to school without eating breakfast.

A growing body of research shows eating breakfast helps students reach their full potential. According to a 1998 survey conducted by the Wisconsin Good Breakfast for Good Learning Campaign, 10 percent of elementary school students, 25 percent of middle school students and 30 percent of high school students in Wisconsin started the school day without breakfast.

Breakfast at school should be based on recommendations from the 2005

Dietary Guidelines, which call for serving a variety of foods that are moderate in sugar and salt with 30% or fewer of calories from fat and fewer than 10 percent of calories from saturated fat. In addition, breakfast must provide, on average over each school week, at least 1/4th of the daily Recommended Dietary Allowances for calories, protein, iron, calcium, and vitamins A and C.

Serve breakfast at different locations and times in the morning to increase participation.

Serving methods:

Traditional Breakfast –
Breakfast served cafeteria-style at the same time for all students or in shifts.

Breakfast in the Classroom –
Breakfast served in convenient packaging that is delivered to the classroom or picked up by students.

Grab 'n Go Breakfast –
A pre-packed bag breakfast that can be enjoyed on the go, during break or 1st period.

Breakfast after 1st Period –
Breakfast served in convenient locations following the first instructional period (often called a nutrition break).



For more information and to see guides on other topics, visit the Wisconsin section of the Action for Healthy Kids Website:

www.actionforhealthykids.org